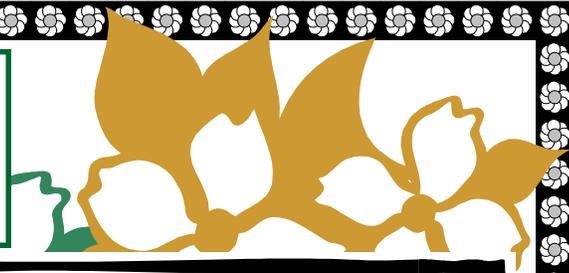


Let's Protect those who have asthma



Ways you can protect those with asthma from second hand smoke

Doing these things will help:

- Go outside to smoke—keep your car smoke free all the time
- Wear a smoking jacket outside so that less toxins stick to your clothing
- Wash walls and clean carpets, furniture and drapes frequently
- Don't let people smoke in any part of your house

What works best is to quit smoking. Consider giving yourself and your loved ones the gift of becoming a non-smoker. The right combination of medication and support can make this possible. If you are struggling with trying to quit, ASK your health care provider for help.

Quitting smoking will also benefit YOU.

In 20 minutes,

- Blood pressure drops to normal

After 8 hours,

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

After 24 hours,

- Chance of heart attack decreases

After 48 hours,

- Ability to smell and taste things increases

After 72 hours,

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

After 1-9 months,

- Coughing, sinus congestion, fatigue, shortness of breath decrease

After 5 and 10 years,

- Cancer death rate decreases.
- Precancerous cells are replaced

Also, relationships improve. You'll feel better and younger - and you'll save a lot of money \$\$\$.

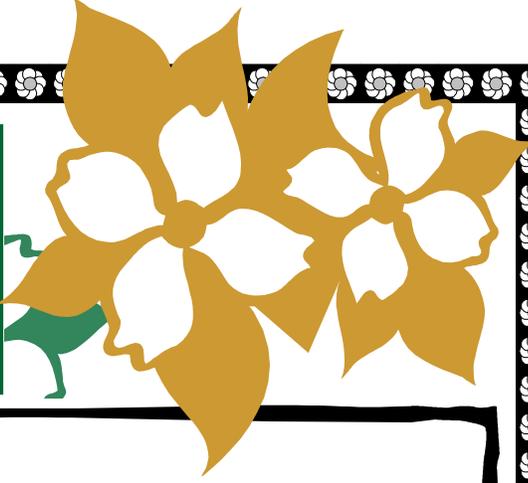
If you are interested in quitting smoking talk with your doctor or your child's doctor and ask for help.

**You can also call:
CA Smoker's Helpline
1-800-NO-BUTTS**

Or

**American Lung Assoc.
510-893-5474 ext. 375
Or their Freedom From Smoking program online
www.ffsonline.org**

Why protect those who have asthma from cigarette smoke



Tobacco smoke is the most toxic indoor air pollutant - worse than dust mites and mold. Cigarette smoke is full of poisons that irritate and squeeze the breathing tubes and makes more mucous. This means trouble breathing. Breathing tubes in infants and children are smaller, so these irritants make breathing even more difficult for them.

Children with asthma who are around people who smoke:

- Miss more days of school
- Have more colds
- Have worse asthma attacks
- Need more asthma medications
- Go to the emergency room more often

How does cigarette smoke hurts children with asthma?

- Cigarette smoke odor on clothes, skin, hair, and furniture can be enough to trigger an asthma attack.
- Poisons from cigarettes have been found in babies even when parents always smoke outside (Matt, 2006)
- One cigarette smoked in a car with a window open causes levels of toxins that can trigger an asthma attack. (Rees, 2006)
- When moms smoke at home, infants and children are more likely to get asthma. (Sousan, 2003)

How does cigarette smoke affect teen asthma?

- Teens who smoke 300 cigarettes a year are 4 times more likely to get asthma

Asthma and pregnancy

- Teens whose moms smoked during pregnancy are 9 times more likely to get asthma than those with moms that did not smoke during pregnancy